

REACHING THE NEXT LEVEL.

2022 is coming to an end and I hope it's been a year full of growth for everyone here in this community. I hope it's been a year filled with breakthroughs, filled with moments when certain parts of trading started clicking, there's no better feeling than the feeling of true progress in this life – that's the source of ultimate fulfilment. We won't always feel "happy", something that's praised nowadays all over the social media, but the thing is... that's never the actual goal because happiness is a tricky concept, it's like a quick dopamine spike after eating a chocolate cookie, it comes and goes fast like motivation after watching a YouTube video of some guy screaming at you for 10 minutes, happiness is a byproduct of true fulfilment. That's what we're after, knowing that we're on the right path, that we're picking ourselves up and choosing to do the hard things in life that will put us ahead, things that deep down we know are necessary in order to grow and that is called – progress. Progress is the ultimate key to fulfilment and fulfilment is what brings the feeling of happiness even when we're tired, sad & afraid, deep fulfilment will help us find happiness even in those moments. This is what I wish for all of you here, to focus on growth & progress, to have the strength and discipline to focus on hard and difficult tasks, to have self-awareness to stop and breathe when it's necessary but come back and go after your goals day after day till eventually those flowers that you've been watering for so long start growing, that's my wish for all of you in 2023.

I could say that life is easy, that trading is easy, that getting in a good shape is easy but deep down we all know that none of it is true, so I choose to be real with you and be that friend who says "it's a thunderstorm outside but we still going to get that workout done because we planned to do so" and not the one who will just say what we all want to hear "better watch some Netflix today & order some pizza, it's a thunderstorm outside", OF COURSE, we need both in our life, however, let's not forget that progress is what actually makes us happy not the ice cream and TV (even if it doesn't seem that way at first), sleeping in and eating a burger will never beat the feeling that comes after a good workout, these are the exact feelings that we want more of going into 2023, to see a barrier but choose to get over it and enjoy the free time after it's done not the other way around.

As I think you all know that trading is not an easy craft to master, it takes hard work and real commitment to reach high levels and develop that "6th sense" which is really important in this business even when there're clear rules, guidelines, lessons and so on. Every situation is always slightly different, there're always some developments that can cause confusion and uncertainty but that's something we as traders can't avoid, we all live with a small bubble of uncertainty in us that sometimes expands and causes anxiety and stress. Only when we become aware of it, we can understand what's actually going on but awareness is the easy part so, now you may ask, what actually helps us to control it? The answer is – clarity. Clarity is something that we always forget about, imagine a world without rules, streets without traffic lights, medicine without description, book pages mixed in a random order – that would be a complete chaos and chaos = uncertainty and uncertainty = anxiety. That's exactly what's going on in our heads 99% of the time when we have those cloudy days, we have a day filled with random tasks, trading filled with random rules, mind filled with all kinds of thoughts, anxieties and uncertainties, but do you know the feeling when everything's in perfect structure, everything's planned, prepared and in perfect sequence? That's clarity, a remedy to cure anxiety, stress & uncertainty.

So, now what are the main things that will help us bring clarity in our lives? It's that one thing no one wants to do, it's sitting down, picking one aspect of our life that we know is not in the right order like for example - health, being completely honest with ourselves and writing down where we currently are and what we want to achieve. From there creating a small but structured plan and list of what we will do to achieve it is what will instantly put you ahead. If we all would dedicate some time to sit and think of what is bothering us, where we need to improve, what would make our lives better, if we would be totally honest with ourselves, we all would come up with a very clear list, so now before 2022 ends I want you to take some time to do exactly that and create a list of the main aspects of your life that cause you stress starting with a messy wardrobe to a bad diet to a smoking or drinking problems, etc. and ONLY when we fix those we will be able to bring the right mindset into the marketplace in 2023 (few years ago I had no idea how massively all this baggage affects our live trading results, so even though the voice at the back of our heads will start tricking us that it's not important – please trust me, it is).

These 4 months I've been creating weekly lessons, sharing daily analysis, tricks & tips and spending a lot of time with you guys, now I want you to do some work for me which is actually for you (I want you to help me help you) and this is the list I want you to complete.

1. Peace of mind.

Sit down, take a piece of paper (or do it on your laptop), be 100% honest with yourself, and think of 5 things that are deeply bothering you & what you want to change (don't involve anything that's trading related into this list), something that could even sound bit silly that's sitting on your shoulders and pressing you down as soon as you think about it and or something that's causing a feeling of guilt. Lastly, put a date on it and sign a contract with yourself of when you will get it done, there's no going back once you do it. This is a process that will clean your mind and significantly reduce anxiety in your life, this is what we want to get done before we start trading in 2023. Traders bring their whole life, their whole baggage, their frustration and anger into trading and that's what drags their results down massively that has nothing to do with actual markets.

I will start first. As I've already mentioned by honest with yourself.

1) Fix the mess in one of the rooms. Something that I've been putting off since I've moved to the new place, all the boxes, things I don't even need causes me anger every time I see it.

Date to fix it: 17th December 2022

2) Lower Back pain. Because of active sports and injury in the past I've started feeling some pain in the lower back, something that some days gets in the way when doing work or trying to concentrate on particular task. Will contact a massage therapist and physiotherapist to schedule an appointment.

Date: 19th December 2022

3) Haven't talked with some of my very close relatives for over 3 months now. It doesn't feel right and something that deep down bothers me and makes it hard to stay fully present when doing something.

Date: 15th December 2022

4) Need to schedule an appointment with Ophthalmologist, been feeling some weird pain in my left eye, especially after tons of screen time.

Date: 20th December 2022

5) Write a letter to Santa Claus that I need 5 million dollars cash, something that's bothering me deeply (it's a joke for all the serious people in here!). The 5th one is simple – as it was a very busy year, I've been not spending enough time with a few people that are very important to me, so that's what I plan to do next week.

Date: 19th – 23rd December 2022

So, above you need to create a list to clean the mind, something that we know we must do but we've been either ignoring or putting away – this should be a very simple list of things that don't let you sleep at night, some that cause stress, anger, anxiety or some that are just pissing you off like a messy wardrobe - it doesn't feel like an important thing but it is.

2. **Peak Performance.**

We're not perfect, every single day we have to accomplish a million different tasks and sometimes we forget about some really important aspects of our daily life. Here in the Peak Performance chapter, write down everything that you've been slacking on that you know would help to feel more relaxed, feel more confident, healthy & sharp. In this one I want you to write down 3 to 5 most important things you plan to work on in 2023 and 1-3 bullet points under each of them of how you plan to get it done.

Again I will start first.

1) Sleep. It's something that has been all over the place this year for me, some days I would go to bed at 2:00 am and sometimes at 10:00 pm and always wake up around 06:00 am – 06:30 am wondering why I don't feel good the answer is simple – lack of quality sleep.

- *Create a bedtime routine*
- *Stop drinking coffee past 02:00 pm (I'm a bit of a coffee addict)*
- *Order blue light blockers (for some weird reason I didn't find 15 minutes to do that this whole year)*

2) Hydration. Not drinking enough water and drinking 4-5 cups of coffee a day is the worst combination ever that a lot of times causes headaches, etc. because of dehydration. Drinking enough water is something I forgot to do.

- *Always have some water on the table close to me when I'm working*
- *Drink half a litter right after I wake up*
- *Drink a good glass of water before having a cup of coffee*

3) Drink the necessary vitamins. In 2022 I was inconsistent with some of the Vitamins that after regular blood checks I know my body needs like Vit D, Zink & Magnesium.

- Treat myself as a child by putting all the Vitamins in front of my eyes the day before until it becomes a part of my morning routine

4) Create a small window in my evening routine to offload information from my head and plan the next day.

- *Start journaling, dedicate at least 10 – 15 minutes every day to write all your thoughts and ideas down, don't keep everything in your head*
- *Spend some time creating a clear structure for the next day*
- *Keep on practising meditation, add a 10min meditation session to the evening routine (now I do one quick 10min meditation session in the morning).*

This is my list of the things I need to improve on. No one's perfect and, of course, we all mess up at something, don't believe the Instagram fairy tale of people living like robots never missing a workout or eating chicken breast and broccoli 365 days a year. We need to be true to ourselves, and if we do make a mistake or need to improve at certain areas in life, we must be able to address it, block the voice that's going at the back of our heads and just do the right thing. Also, treat this list as one big promise to yourself, aim for 100% and land on 80%-90% which is still very good.

3. Trading.

Trading is the 3rd one and at the bottom of the list for a good reason – only when we’re fully in control of the first two chapters is when we can expect to see consistent green months. If the mind is occupied by all kinds of emotional baggage, and the body is also operating at 60% of its full potential - we simply can’t expect to see any ground breaking results, so firstly we must fix our mind by ticking all the five boxes from chapter one, then getting ourselves ready and creating a plan with chapter 2 and lastly, digging into chapter 3 which is trading.

Below is a list of very important questions you need to answer. Don’t go over the board and write novels but also don’t look at it as some kind of “let’s get this over with quickly” thing. Trust me – tasks like that is a recipe for massive growth, so treat it as a business plan for 2023, show yourself that you’re serious about becoming a successful trader.

- 1) What are the most important lessons that you learned this year both psychological and technical?
- 2) Give five tips to yourself going into 2023 and name five reasons what you think you could’ve done better this year (be creative with this one).
- 3) Name five reasons of why you’re really proud of yourself and why you will reach the absolute top in 2023 (be straightforward with yourself and say it with 100% confidence).
- 4) Identify three most common psychological errors that pushed you into making bad decisions this year (not following the rules, closing trades too late or too early, being afraid to execute the trade, and so on). Write down how it made you feel at that particular moment and what is your plan to not repeat it going forward.
- 5) Identify three most common technical errors you kept on repeating this year, maybe you used to forget about the liquidity close to your entry, maybe you kept on trying to trade against the order flow, maybe you used to try and trade past NYOKZ hours, etc. here is the right time to be very specific.
- 6) What was the best trade that you took this year, attach a screenshot for yourself, remember the feeling when it happened and when you closed the trade, make this feeling familiar.
- 7) Lastly, if I helped you to become a better trader this year I would appreciate if you could share a couple sentences of about that.

I won’t fill this one as obviously we’re all at very different levels in here, this is the reason I wanted to share this document early this week as our final Lesson of this year, so the next week we could share insights with each other and make a week filled with lots of takeaways where I will get actively involved as well. The whole purpose of this is to motivate you to firstly get rid of the psychological baggage that’s holding you back, then get your mind and body into perfect flow and lastly get deep into self-reflection what comes to the trading world and your journey. We can’t absorb new information if we don’t digest the old one, and there was truly a lot of information in the last few months, so don’t be shy, don’t be scared, don’t feel pressured to show everything, this document is strictly for you - next week we will only share things that you, guys, will feel comfortable sharing with others and we will put a nice library filled with lessons & major takeaways to feel fresh and ready to have an amazing 2023.

There’s only one thing that we’re all after here as one big team and that is Progress.

